

PHYSICAL ACTIVITY

Fact Sheet



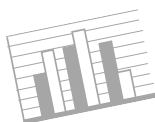
The Michigan Youth Risk Behavior Survey (YRBS) is part of a nationwide surveying effort led by the Centers for Disease Control and Prevention (CDC) to monitor students' health risks and behaviors in six categories identified as most likely to result in adverse outcomes. These categories include unintentional injury and violence, tobacco use, alcohol and other drug use, sexual behaviors that contribute to unintended pregnancy or disease, dietary behaviors, and physical inactivity. High response rates allow results of the 2003 Michigan YRBS to be generalized to all Michigan students in grades 9-12.



Of Vital Concern: The National Perspective

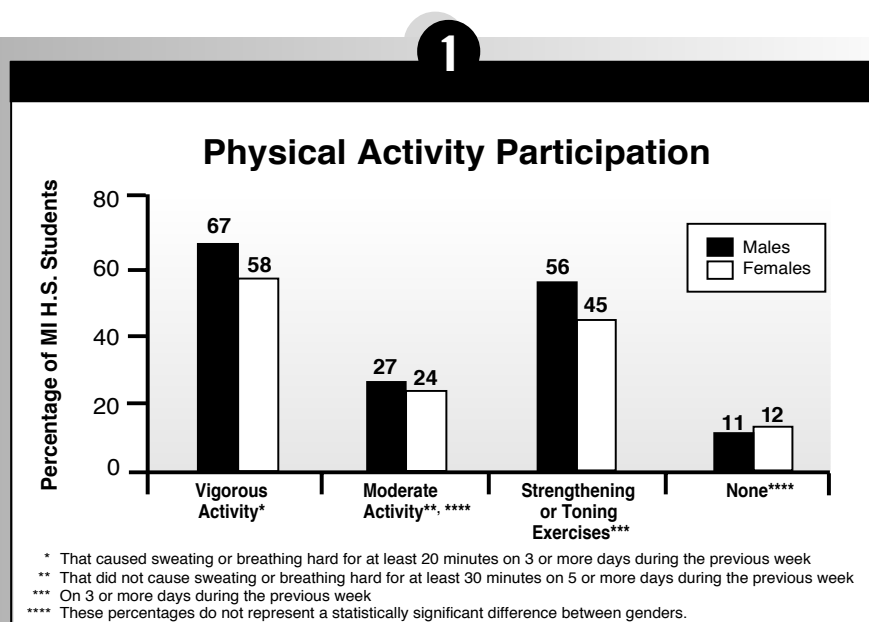
Participating in regular physical activity helps build and maintain healthy bones and muscles, control weight, build lean muscle, and reduce fat; reduces feelings of depression and anxiety; and promotes psychological well-being. Over time, regular physical activity decreases the risk of dying prematurely, dying of heart disease, and developing diabetes, colon cancer, and high blood pressure. Decreases in vigorous physical activity occur during grades 9-12, particularly for girls; by 11th grade, half of female high school students do not participate regularly in sufficient levels of vigorous physical activity. School physical education classes can increase adolescent participation in moderate to vigorous physical activity and help adolescents develop the knowledge, attitudes, and skills they need to engage in lifelong physical activity. The percentage of high school students enrolled in daily physical education class decreased from 1991-1995 and increased from 1995-2001, but still remained far below the 1991 level. Television viewing is the principal sedentary leisure time behavior in the United States. Television viewing in young people is related to obesity.

For complete references, please log onto www.emc.cmich.edu/yrebs.



2003 Survey Results

- ◆ Less than two thirds of all students participated in the **recommended amount of vigorous physical activities¹** during the previous week.²
- ◆ Males were more likely than females to participate in **vigorous physical activity, exercise to tone their muscles, and attend physical education class** at least once a week. However, males were also more likely than females to **watch three or more hours of television³** each day on an average school day (Figure 1).



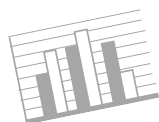
¹ *Vigorous physical activities* are defined as exercise or participation in physical activities that make the participant sweat and breathe hard. The recommended amount is at least 20 minutes of activity on three or more days a week.

² *Previous week* means the 7 days preceding the survey.

³ Television viewing is a sedentary behavior related to obesity.

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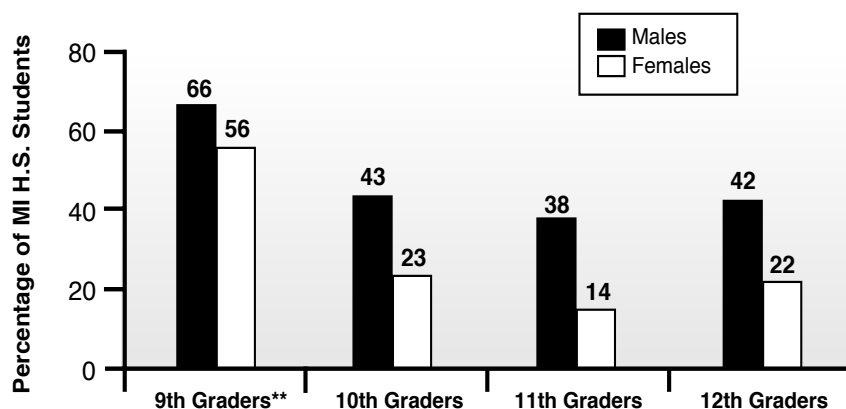


2003 Survey Results (continued)

- ◆ One third of students had not received the recommended amount of both **moderate⁴** and **vigorous physical activity** during the week.
- ◆ Black students were twice as likely as white students to not participate in any **moderate or vigorous physical activity** during the previous week.
- ◆ More females than males did not participate in the recommended amount⁵ of both **moderate and vigorous physical activity** during the week.
- ◆ White students were more likely than black and Hispanic students to participate in **vigorous exercise** during the previous week.
- ◆ More than four fifths of all students **exercised or played sports for more than 20 minutes** during their physical education class regardless of gender, grade, or race/ethnicity.
- ◆ **Daily and weekly attendance of physical education** class was twice as likely in ninth grade than in tenth, eleventh or twelfth grades (Figure 2).
- ◆ Students in ninth grade were more likely than students in twelfth grade to **watch three or more hours of television** each day on an average school day.
- ◆ Black and Hispanic students were more likely than white students to watch **three or more hours of television** each day on an average school day (Figure 3).

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Physical Education Class Attendance*

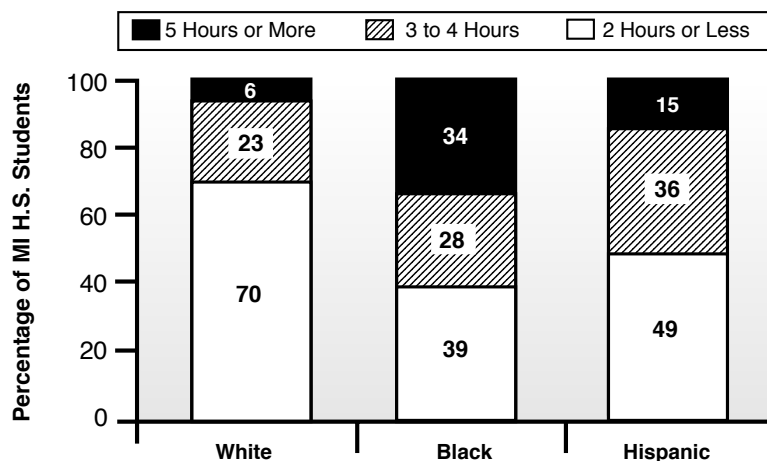


* Attended physical education class one or more days during an average school week

** These percentages do not represent a statistically significant difference between genders.

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Television Viewing Time*



* On an average school day

Due to rounding, these percentages do not equal 100 percent.

⁴ *Moderate physical activities* are defined as participation in physical activities that do not make the participant sweat and breathe hard. The recommended amount is at least 30 minutes of activity on five or more days a week.

⁵ Participate in at least 20 minutes of vigorous physical activity on 3 or more of the past 7 days and at least 30 minutes of moderate physical activity on 5 or more of the past 7 days.

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Trends

Compared to 1997, significantly more high school students **exercised** to lose weight or keep from gaining weight.

Contact Information

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SURVEY QUESTION 	MI 03	US 03	GENDER		GRADE				RACE/ETHNICITY		
			M	F	9	10	11	12	White	Black	Hispanic
% of students who participated in the recommended amount of vigorous physical activities during the past 7 days	62	63	67	58	67	64	57	61	65	50	54
% of students who participated in the recommended amount of moderate physical activities during the past 7 days	26	25	27	24	24	29	23	27	27	19	21
% of students who did not participate in the recommended amount of moderate and vigorous physical activity during the past 7 days	34	33	30	37	30	32	40	33	31	45	42
% of students who participated in no vigorous or moderate physical activity during the past 7 days	11	12	11	12	9	11	11	14	9	18	16
% of students who did exercises to strengthen or tone their muscles on 3 or more of the past 7 days	50	52	56	45	54	53	46	48	52	44	45
% of students who watched 3 hours or more of TV per day on an average school day	35	38	39	31	38	34	37	28	30	61	51
% of students who attended physical education (PE) class one or more days during an average school week	39	56	48	30	61	33	26	32	40	32	39
% of students who attended physical education (PE) class daily	28	28	34	21	44	23	18	21	28	24	28
Of students enrolled in physical education (PE) class, % who exercised or played sports more than 20 minutes during an average physical education class	86	80	88	85	86	88	85	87	88	80	—

For additional information on the YRBS results, please log on to www.emc.cmich.edu/yrbs